the most nutritious loaf for the least The nutritive value of bread depends not only on its chemical composition, but also on its digestibility, and this in turn depends largely on the lightness of the loaf. It is the gluten

Outside the great house a fierce windstorm was raging, which moaned and roared and shricked like a legion of lost souls. But the old squire heard and the storm was formerly supposed. It seems safe that, as far as we yet know, white flour, for a given amount of money, yields the most actual nourishment with the various food ingredients and in the best proportion. The lightness and sweetness of bread depend as much on the way in which it is made as on the materials used. The greatest care outside the great house a fierce windstorm was raging, which moaned and streked like a legion of lost souls. But the old squire heard nothing, for he had dozed off into an uneasy slumber. After a time the weary watcher at his bed-side felt his own ey_lids grow heavy, and soon he, too, was sleeping.

In the middle of the night the sick man awoke, his brain filled with a new delivium. He thought the hunt was up and that he must be there to take charge of the field, as he had done on pleted.

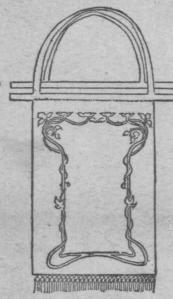
Outside the great house a fierce windstorm and sor he legion of all stream of about five square miles.

The character of this ooze examined by Dr. Phillips shows conclusively that the so called oil of this pool has no connection with the oilfield of Beaumont. The party under direction of Dr. Phillips will investigate the oil wells in the Beaumont field, with the product, whether it is of marine or othe way in which it is made as on the materials used. The greatest care ing the finished bread. Heavy, badly raised bread is a very dangerous food probably more indigestion has been caused by it than by all other indifference in a correct foods put together."

Quietly rising, he, or this other glided past the sleeping attendant, reached his dressing room, where, guid-

A Newspaper Holder.

Two laths about an inch wide or two lng suit. sticks are needed for this convenient newspaper holder. The stick slides between the lining and the front, which should be embroidered. Roman satin is a good thing of which to make the front, as dust glides off the shiny surther stables, where his favorite hunter face, whereas it remains and settles in-



Allow Time For Play. The all work and no play woman soon becomes scarcely more than a machine, a machine that too often runs without the wheels being greased, in a hard, grinding, squeaking way, requiring much more strength and time than if a little lubrication had been given in the shape of occasional pleasant mo ments snatched by the way, says the Jacksonville Times-Union.

There is one thing certain-it is better to try to be content with little, doing without some things that we

They were moving and wanted a set of breakfast room chairs. They had plenty of bedroom chairs with cane seats, as it happened, so the brilliant idea occurred to one of the girls to restain the wooden frames dark green and cover the seats with light green leather. This leather cost about \$4— sufficient to cover six chairs. Between firm, had a peculiarly irritating sneeze. the cane and the leather the girls plac- It began with an elaborate and terrify ed a double sheet of brown paper to prevent the cane marks from designing ended with a most lame and impotent the leather. This latter they fixed on paroxysm that always dissappointed with brass headed short nalls, being the expectant observer. very careful in cutting the leather to allow for turnings. As the wood of the senior partner, after watching him chairs was very hard, these amateur through one of his sternutations, "is a carpenters, before hammering in the nails, pierced holes for them with a "A circus?" said Mr. Bingo. stiletto, otherwise the brass heads ran

nails hammered in crooked. Allen Halverson of West Prairie, Wis. sars: "People come ten miles to buy Foley's Kidney Cure," while J. A. Spero of Helmer, Ind., says: "It is the medical wonder of the age"—Clarke & Kenney.

"The Doctors told me my cough was incurable. One Minute Cough Cure made me a well man." Norris Silver, North Stratford, N. H.—Because you have not found relief from a stubborn cough, don't despair. One Minute Cough Cure has cured thousands and it will cure yo are and sure.



edom a permanent cure, and often th, unnecessary. Why endure isease? We Pack a Written each \$1 Box. You only pay for 50c. and \$1 a box, 6 for \$5. Sent ANESE PILE OINTMENT, 25c. a Box. CONSTIPATION Cured, Piles Prevent the great LIVER and STOMAGE RESQUIAT and BLOOD PURITIES. Amail, sells and pleas to take, especially adapted for children's use. Doses 25 cents. NOTRUE-The Germine Fr. Apaneses File Cure for sale only by

W. T. Brooks,

FOR THE HOUSEWIFE THE LAST HUNT NO OIL POOL IN THE GULF.

should be taken in preparing and bak- so many grand hunting mornings when ing the dough and in cooking and keep- the wind was south and the sky was overcast. And so, in his fever maddened eyes, he saw himself, as another

ed perhaps by the mysterious vision of the sleepwalker, he donned his hunt-

The moon rode high in the heavens that night, obscured now and then by patches of wind driven clouds, but the greeted him with a welcoming whinny Out on the glebe he sees a great crowd gathered, walting for the huntsman to throw off. And another rider is there whom nobody sees—an awful, shapeless form, on a pale horse.

The covert is reached, and the huntsman, with a wave of his hand, throws in his hounds. A few anxious mo-ments pass. Then an old hound catches the scent, challenges, and as the fox steals away somebody gives the view halloo:

"How-y! How-y! Tallyho! Gone

Eczema, saltrheum, tetter, chafing. ivy poisoning and all skin tortures are quickly cured by DeWitt's Witch Hazel Speeches. The certain pile cure.—W. T.

"How-y! How-y! Tallyho! Gone away, gone away!" The horn sounds, the whip gathers in the laggards, the fox breaks cover, the hounds are laid on, and the field enters on its first wild

The old squire rides as he never rode before. He gets well away with the hounds. He lifts his hunter over

The night grows wilder as the gale increases, while the clouds scurry EASILY MADE AND USEFUL.

to serge. If this is unobtainable, a good fine cloth answers very well. It can be embroidered in some way or other. At the end is a heavy fringe of wool or macrame. The handles are made of ribbon, and it hangs well on a wall.

Increases, while the clouds scurry faster through the wind swept sky. The old squire urges his sturdy horse on through the thickening gloom, flinging out snatches of old drinking songs as he speeds along. On he goes, the hunter's stride lengthening and quickening as his master urges; ous. I was accended by wall. ne goes, the futurer's stride lengthening and quickening as his master urges; over a fallow field, crashing through a copplee, until without warning they reach the Rocky glen, into which horse and rider plunes headlong the ald college here. He told me

may have a great desire for, than to so wear ourselves out body and spirit in their attainment that we lose the power of enjoyment, too tired to care for anything.

So the wise woman, though, like the woman in the Bible, she rises "while it is yet night," she yet makes sure of a little time every day—perhaps not more than a half hour—which is her more than a half hour—which is her more than a half hour—which is her more than a half hour—which stranger or more than a half hour—which stranger or many have a great desire for, than to so wear ourselves out body and spirit man too much wrapped up in dry studles to turn a joke. The following rather mordant epigram came from his pen at the time when Kings-ley had resigned his professorship of history at Cambridge, with some displayed the professorship of history at Cambridge, with some displayed the kind in existence. It will be sent free to any one desiring it. Write our physical man too much wrapped up in dry studles to ruinous habits.

We have prepared a special book on this painful disease should read. It is the most complete and interesting book of the kind in existence. It will be sent free to any one desiring it. Write our physical results in the disturb the digestion and lead to ruinous habits.

We have prepared a special book on this pen from his pen at the time when Kings-ley had resigned his professorship of history at Cambridge, with some displayed the professorship of history at Cambridge, with some displayed the professorship of history at Cambridge, with some displayed to truinous habits.

We have prepared a special book on this pen from his pen at the time when Kings-ley had resigned his professorship of history at Cambridge, with some displayed the professorship of history at Cambridge, with some displayed the professorship of history at Cambridge, with some displayed the professorship of history at Cambridge, with some displayed the professorship of history at Cambridge and the professorship of history at Cambridge, with some displayed the professors

While Froude instructs the Scottish youth
That parsons never tell the truth
The Reverend Canon Kingsley cries
That history's a pack of liea.
These strange results who shall combine?
One plain reflection solves the mystery—
That Froude thinks Kingsley a divine,
And Kingsley goes to Froude for history.

-London Chronicle.

Mr. Bingo, the junior member of the

"Your sneeze," said Mr. Gringo, the

"Yes, sir," was the rejoinder. "The the risk of being broken off and the performance never comes up to the advance notices."-Youth's Companion.

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THE BUFFALO ROUTE, TO

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Tickets reading via Big Four and Lake Shere will te good on Steamer Line in either direction between Cleve-land and Buffalo without extra charge.

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Cincinnati, O. W. J. LYNCH, G. P. & T. A., Cincinnati, O.

"Sea Ooze" Off Texas Has Fooled

stretching and rising as the gas from the yeast expands within it and hence of making a light loaf. Rye, barley and oats have less gluten than wheat, and maize has none, and therefore wheat, despite its higher cost, yields the most nutriment for a given sum.

"It is possible that of the various part of the bran—entire wheat and graph and flours—furnish the body with more mineral matters than white flour."

To Cure a Cold In One Day in the blood in his brain was the galloping, galloping of his heavy dragoons. Sometimes he was holding more than sea ooze, which comes from the decomposition of animal matter for breakfast would not remain on my dragoons. Sometimes he was holding more than sea ooze, which comes from the decomposition of animal matter for breakfast would not remain on my stomach for half an hour. I used one bottle of your Kodol Dyspepsia Cure and can now eat my breakfast and other meals with a relish and my food is thoroughly digested. Nothing equals to our piles. Balve saves all that expense and never fails. Beware of counterfeits—W. T. Brooks.

To Cure a Cold In One Day

KIPLING'S NEW WAR POEM. "Bridge Guard In the Karroo," De-

Bridge Guard In the Karroo," Describing a Dreary Detail.

The London Times publishes a stirThe London Times publishes a stirChicago.

California Excursions in through and satisfaction guaranteed.

Special attention given to repai work. All work done when promised and satisfaction guaranteed. "Bridge Guard In the Karroo." It describes the dreary monotony of troops guarding lines of communication. Picturing the arrival of a train, the poet says:

Quick ere the gift escapes us, Out of the darkness we reach

Quick are the gift escapes us, Out of the darkness we reach

Quick ere the gift escapes us, Out of the darkness we reach

Quick ere the gift escapes us, Out of the darkness we reach

Quick ere the gift escapes us, Out of the darkness we reach For a handful of week old papers And a mouthful of human speed The concluding verse is as follows: More than a little lonely,

Where the lessening tail lights shine.
No, not combatant only,

Details guarding the line.

William Woodard, of Decatur, Ia., writes: "I have been troubled with kidney disease, for several years and four one dollar size bottles of Foley's Kidney cure cured me. I would recommend it to anyone who has kidney trouble."—Clarke & Kenney.

The lack of energy you feel, the backache and a run down condition generally, all mean kidney disorder. Foley's Kidney Cure will restore your strength and vigor by making the kidneys well. Take no substitute.—Clarke & Kenney.

Clarke & Kenney.

Notice To The t the suck ache and a run down condition generally, all mean kidney disorder. Foley's Kidney Cure will restore your strength and vigor by making the kidneys well. Take no substitute.—Clarke & Kenney.

Rheumatic pains are the cries of protest the hounds. He lifts his hunter over hedge, ditch and fence, gleefully shouting that he will be in at the death.

The field is quickly distanced. All are left behind except the dark rider, whose pale horse is ever drawing nearer and still nearer.

The night grows wilder as the gale increases, while the clouds scurry

The loudhast of waste matter in the system, and can no longer supply the pure and health sustaining food they require. The whole system are and still nearer.

The night grows wilder as the gale increases, while the clouds scurry

The loudhast of the bowels. Use DeWitt's Little Early Risers to regulate them and you will add yeacs to your life and life to your years. Easy to take, never gripe.—W. T. Brooks

Ira D. Reckard, Duncombe, Ia., writes:

reach the Rocky glen, into which horse and rider plunge headlong, the old squire shouting one last triumphant "Hurrah for the coal black wine?"

And Death, on the pale horse, was by his side.

And Death, on the pale horse, was by his side.

When the attendant awoke, the old squire was dead, his face still glowing with the delirious joy of this his last wild ride behind the hounds,—Nickell.

The death medical continue his prescriptions and I would get well. After having it filled twelve times without receiving the slightest twelve times without receiving the slightest food, it by specific to continue his prescriptions and I would get well. After having it filled twelve times without receiving the slightest twelve times without receiving the slightest food, it by specific to continue his prescriptions and I would get well. After having it filled twelve times without receiving the slightest food, it to push the side of the work of the standard of S. S. S. (Swift's Specific by sp

wild ride behind the hounds,—Nickell.

A Joking Bishop.

The late bishop of Oxford was not a man too much wrapped up in dry studles to be able to turn a joke. The following the study of the deal remedy in all rem



Summer Conventions LOW RATES



Grand Army of the Republic, and, Ohio, - Sept. 10th-15th Knights Templar Conclave, ville, Ky., - Aug. 27th-91st

W. J. MURPHY, W. O. RINEARSON, GEN'L MANG'R, GEN'L PASS'Q'R AGT.,

Young People's Society Christian Endeavor,

Mr. James Brown, of Putsmouth, Va., over 90 years of age, suffered for years with a bad sore on his face. Physicians could not help hir. DeWitt's Wi'ch Hazel Salve cured him permanently.—

This Will Interest Many.

The agricultural department has been conducting some valuable experiments upon common foods with a view to discovering the best manner of their preparation. The "staff of life" has naturally come in for a large measure of notice, and some notable facts in regard to the way it should be made have been developed.

"To prepare the grain for bread," says one of the experts of the experts of the department, and sifted into a fine, soft powder which was long to the world renowned doctor who had and sifted into a fine, soft powder which was not tout to the most nutritions loaf for the least money. The nutritive value of the least money. The nutritive value of the surface again. They had met often in the story of the existence of an oil pool in the guilf of Mexico off the coast of the cast of the experiments and the old squire were face to face again. They had met often in the story of the existence of an oil pool in the guilf of Mexico off the coast of the experiments of the experiments and the old squire were face to face again. They had met often in the story of the existence of an oil of the state, of the cast of the experiments and repeated to the wast of the cast of the experiments. The story of the existence of an oil of the state, of the cast of the experiments and repeated to the wast of the cast of the experiments and repeated to the wast of the cast of the summan to the state of the past for the least of the summan to the state of the cast of the cast of the experiments and repeated to the summan to the state of the cast of the summan to the summan to the state of the cast of the cast of the cast of the summan to the state of the cast no avail.

And so the sick man lay, tossing from side to side in wild delirium. Sometimes he was leading a charge in the faroff Crimea, where he won the Victoria cross, and the throbbing of the blood in his brain was the galloping, galloping, galloping, galloping, galloping of his heavy dragoous. Sometimes he was holding a kraal with decay.

World," Chicago to St. Paul and Minneapolis. To Omaha, Kansas City, St. Joseph

ring poem by Rudyard Kipling entitled "Bridge Guard In the Karroo." It defrom 8t. Lonis and Chicago every Wed-

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Dyspeptics cannot be long lived be Dyspeptics cannot be long lived because to live requires nourishment. Food is not nourishing until it is digested. A disordered stomach cannot digest food, it must have assistance. Kodol Dyspepsia Cure digests all kinds of food without aid from the stomach, allowing it to rest and regain it's natural functions. It's elements are exactly the same as the natural digestive fluids end it simply. can't help but do you good.-W. T

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\$100 To Insure.

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zier 2:211/2. By Red Wilkes sire of 148 2:30 Per-\$25 to Insure.

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The bilious tired, nervous man ca To quickly introduce B. B. B. (Bo-tanic Blood Balm), the famous Southern oille for solutions and can be with his rival of the compete with his rival of the

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8:10 8:40 Ar . Faris .

8:30 Ar . Maywille .

4:16 11:42 Ar . Winchesser .

7:20 1:00 Ar . Richmond . Aril-20 7;10 Aril-20 7;10 Aril-28 6:17 Lv 9:80 8:40 Lv 5:45 1:25 Lv 7:09 2:55 Lv 8:20 8:40 GEO E HARPER, Gen'I Sup's JOS. F. NEWTON, G. P. A.

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